

Yeast Infection During Breastfeeding

Is it yeast?

If breastfeeding has been free of pain and the nipples suddenly become sore or painful, it might be yeast. Mom and baby may have recently been treated with an antibiotic.

SIGNS OF YEAST—MOM

- ◆ Burning or stabbing pain in the breast or nipples.
- ◆ Red nipples with tiny bumps, blisters, or flaking skin.
- ◆ A clean cut at the base of the nipple. Slight bleeding in the cut may occur.
- ◆ May have a vaginal yeast infection or had one recently.

SIGNS OF YEAST—BABY

- ◆ White patches on the tongue, gums, and inside the cheeks that do not rub off.
- ◆ A diaper rash with raised, red, sore looking patches that do not heal with regular rash.

For more information call:

WHAT TO DO:

Mom

- ▶ Apply over the counter LotriminTM cream to the nipples after feedings for 2 weeks.
- ▶ If nursing is too painful, pump the milk and feed to the baby.
- ▶ Keep the nipples dry and expose to the light 2-3 times a day.
- ▶ Do not use lanolin, hydrogel, or other creams.
- ▶ If no improvement in the pain or rash, see a doctor. A prescription may be needed.

Baby

- ▶ Talk with a doctor about treating the baby.
- ▶ Mom and baby need to be treated at the same time.

MORE TO KNOW:

- ▶ Boil breastpump parts, pacifiers, bottle nipples and teethers for 20 minutes once a day.
- ▶ Keep bras and bra pads clean and dry.
- ▶ During a yeast infection, do not freeze breastmilk for later use.



Adapted from the
Arkansas Department of
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